



Infant Feeding: When Do I Start and What Should I Feed My Baby??

Most infants are ready to start trying their first solid foods after 4 months of age. It is not a good idea to begin before 4 months because of baby's difficulty swallowing and possible problems with digestion.

Signs that your baby may be ready to try solids:

- Crying or continuing to suck hard after emptying your breast or a bottle.
- Your baby may be showing signs of hunger more often than every two hours
- A bottle fed baby may be taking more than 36-40 ounces of milk in a day
- Your baby is closely watching you eat, reaching for food or opening his mouth

When you are ready to start, keep these things in mind:

- If you are breastfeeding and want to continue, breastfeed your baby **before** feeding him/her solid foods. This will help keep your milk supply up.
- If you bottle-feed your baby, give your baby solids **first**. This will teach your baby that solid foods can take away his hunger!!



Foods to avoid, until baby reaches one year of age:

Fresh cow's milk	Strawberries
Egg whites	Citrus Fruits
Chocolate	Nuts
Honey	
Choking hazards: pieces of hot dogs, nuts, whole grapes, popcorn	

First Foods: You may have to offer a new food 10-15 times before your baby accepts it!

4-6 months

Fortified Baby Cereals: Rice, Oatmeal and Barley. Rice is the best first choice because it is the easiest to digest. Mix 2 tablespoons with at least one ounce of breast milk or formula (by 6 months, you can mix with apple, white grape or pear juice). Offer 2-3 times per day.

Fruits: Apple, Pear or Prune purees (completely mashed or blended)

6-7 months: You can now add

Fruits: Blueberries, plums, peaches, kiwi, banana (puree in jar or mashed)

Vegetables: Purees of peas, potatoes, broccoli, yams, carrots

Fruit Juices: apple, pear, white grape or cherry. Limit to 3-4 ounces per day.

Introduce Sippy-cup



8 months: You can now add

Finger foods and soft, lumpy “table foods”

Plain unsweetened breakfast cereals such as oatmeal, Cream of Wheat, Cheerios, Rice Krispies

Crackers, Rice and Noodles

Bread and Bagels

Fruits: Thin strips of all cooked fruits and soft raw fruits such as pineapple or mango

Vegetables: Pieces of well-cooked string beans, squash, zucchini, broccoli, asparagus, cauliflower, potatoes or ripe avocado

Meats: Pureed beef or chicken and hard-boiled egg yolk but not egg whites

9-12 months: You may now add:

Fruits: Add thin strips of harder raw fruits such as apple

Vegetables: Small strips of softer raw vegetables such as green and red peppers, cucumbers and lettuce

Meats: Small pieces of well-cooked meat and entrees.

Other proteins: Beans and soy products, yogurt and cheese (But continue to avoid fresh cow’s milk until 12 months of age).

Try to stop the bottle by twelve months. This is also a good time to begin regular teeth cleaning with a washcloth or a soft toothbrush.

Remember that as you add more solid food, your baby will need less breast-milk or formula.

Age	Nursing Times	Formula	Solid Foods
6 months	50 min- 2 ½ hrs per day	28-38 oz	0-100 calories
9 months	40 min-2 hrs per day	24-34 oz	200-300 calories
12 months	10 min- 1 ½ hrs per day	20-30 oz	300-500 calories

If you have questions, please call the PEDIATRIC CLINIC at (928) 283-2679.

